

# West Newbury CSA



## Long Hill Orchard & Farm

[LongHillOrchard.com](http://LongHillOrchard.com)

520 Main Street

West Newbury, MA 01985

### A NOTE from Cindy, John & Farm Crew

Dear Friends and Shareholders,

What a beautiful week we have had at the farm, comfortable sunny days and cooler nights. This is such a favorite time of the year for many folks and it is easy to see why. This week we add many varieties of fall squash to the share, as well as apples and pears. Come into the farmstand for a taste of aged extra sharp Cabot cheddar cheese, it will go great with your apples and pears!

We have everything you need for fall decorating; mums, pumpkins, corn stalks, gourds, straw bales, mini pumpkins and more.

Thank you for the early CSA renewals. We are grateful for your continued partnership with our farm! You will find this 2022 renewal form as well as the Late Fall/Early Winter form attached to this email or inquire at check in and we will be happy to help you.

Brendan, who is our ice cream manager and also a history major completing his last year of college, will be at the Friday check-in for the the rest of the season. He is enjoying getting to know many of you!

2 Sweet Dumpling Squash recipes  
included this week, one sweet & one savory

Enjoy the Beautiful Fall Weekend!

Gratefully,  
Cindy, John & Farm Crew

**We Hope You Enjoy the Harvest!**



### Pick-up Hours

Fridays 12-6  
Saturdays 9-12



### NEED TO KNOW

Don't forget to bring a bag or box  
to collect your share in.

Check out our website @  
[LongHillOrchard.com](http://LongHillOrchard.com)

### THIS WEEKS SHARE ITEMS

The following list of produce items that we expect to include in the share this week...however it can change at harvest time:

cucumbers  
pickling cukes  
cubanelle peppers  
green peppers  
breakfast radish  
easter egg radish

eggplant  
yellow wax beans  
acorn squash  
cocozele squash  
delicata squash  
spaghetti squash

sweet dumpling squash  
sumer squash  
zucchini  
apples  
pears

...and more

**ASK US HOW FRESH WE ARE !**

## SWEET DUMPLING SQUASH CREME BRULEE

## INGREDIENTS

- 6 sweet dumpling winter squash
- 5 eggs, yolks only
- 1/3 cup sugar
- 1 3/4 cups cream
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon ground allspice
- 1/4 teaspoon vanilla bean extract or paste
- 1/2 cup sweet dumpling squash purée
- 2 to 3 tablespoons maple sugar or raw sugar for crispy brulée topping

## INSTRUCTIONS

1. Preheat oven to 300 degrees F.
  2. Cut the sweet dumpling squash in half, scoop out and discard all the seeds and a little bit of the flesh to form a clean bowl shape. Cut a thin slice off the bottom edge so that the squash half can securely sit cut-side up without wobbling. Place the squash halves on a large baking sheet.
  3. In a medium bowl, beat the egg yolks and 1/3 cup sugar until pale yellow and sugar has dissolved.
  4. Combine the cream and spices in a saucepan and heat on medium until just before it begins to bubble. Remove from heat and whisk in the vanilla and squash purée. Then slowly whisk into the egg yolk mixture, whisking until smooth.
  5. Pour the mixture through a fine-meshed sieve into the prepared squash halves.
  6. Bake in the oven for 30 to 45 minutes. They are ready when the custard is set and doesn't wobble when jiggled lightly.
  7. Remove from the oven and allow to cool completely, then chill until ready to use.
  8. When you are ready to serve your dessert, sprinkle about a teaspoon of sugar on top of each custard. Using a small butane torch, hover a flame over the sugar, moving it around until the sugar caramelizes. If you don't have a torch, place the crème brulée under your broiler, set to high heat. Carefully check them every 15 to 30 seconds because the caramelizing will happen very quickly. This method is a lot more difficult to get even caramelization.
- Serve right away.

## CREAMY VEGAN SWEET DUMPLING SQUASH SOUP

## SOUP INGREDIENTS

- medium sweet dumpling squash halved (\*about 3 cups of squash once cooked)
- 15 oz can coconut milk
- 1/2-1 cup vegetable broth
- 1/4-1/2 teaspoon chili flakes more or less depending on preferred spice level
- 1 teaspoon fresh lemon juice
- 1 teaspoon garlic powder
- salt & pepper to taste add salt to desired level

## TOPPINGS (optional)

- 1 cup fresh pomegranate seeds
- 2-3 cups kale chips
- 4 Tablespoons roasted squash seeds

## INSTRUCTIONS

1. Preheat your oven to 400F.
2. Begin by taking your squash and cutting it in half horizontally to separate the top and bottom. Remove the seeds and stringy flesh from inside of the squash. Discard the seeds or wash and save them to roast as a topping.
3. After the seeds are removed, coat the inside of the squash with a little cooking spray and season with salt and pepper to your liking. Lightly grease a large baking tray and place the squash on the tray with the skin facing up and hollow side facing down.
4. Bake the squash for 30-40 minutes or until the inside is tender, soft, and easily pierced with a fork/knife. The size of your squash will influence the baking time, so check at the 30 minute mark. Once soft and easily pierceable, remove the squash from the oven, flip over to release steam, and let cool.
5. Once the squash has cooled enough to handle, scoop out the flesh and add into a blender. The amount can vary by the size of your squash, but you'll want to have around 3-3.5 cups of squash. Next, add in your canned coconut milk and blend with the squash until smooth. (If you have an immersion blender, you can keep the soup in the pot and use an immersion blender instead for this step).
6. Pour the blended squash and coconut milk mixture into a large pot and add in your vegetable broth, chili flakes, garlic powder, fresh lemon juice, and as much salt and pepper as you would like. Stir to combine.
7. Bring the pot of soup to a boil, then turn down the heat and simmer for about 5-10 minutes to thicken the soup. Remove from the heat and serve. Top with fresh pomegranate, kale chips, roasted squash seeds, or your choice of toppings. Enjoy!

## NOTES

\*Leftover soup can be stored in a closed container in the fridge for 3-4 days or in the freezer 1 month. Soup can be reheated in the microwave or on the stove at low heat.

\*If you'd like to roast the seeds as a topping for the soup, first rinse and dry them. Then, season to your liking with salt, pepper, oil, and spices. Roast at 300F for about 15-20 minutes or until the seeds start to pop. Let cool and then add to the top of your soup or eat as a snack